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Research Paper...

## **EFFECTIVENESS OF ACUPRESSURE THERAPY (SP6 PRESSURE POINT) IN THE INTENSITY OF DYSMENORRHOEA AMONG NURSING STUDENTS**

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### **Abstract**

Dysmenorrhea is a common gynecological complaint among adolescent girls and women of reproductive age. Complementary and Alternative Medicine (CAM) therapies can be adopted as interventions to prevent or alleviate dysmenorrhea. Therefore, a pre-experimental study was conducted to assess the effectiveness of acupressure therapy (SP6 point) on dysmenorrhoea during the first day of menstruation among nursing students at selected Nursing Colleges of Indore. The study approach was pre-experimental with Two group pre-test post-test Research Design. Purposive sampling technique was done to select 60 respondents suffering with dysmenorrhoea during their first day of menstruation as per predetermined inclusion criteria. Data was collected with the help of Numerical Pain Intensity Scale for assessing the intensity of dysmenorrhoea and the pain intensity was recorded. Participants received acupressure therapy, in Group I at every 4 hours for the first day of menstruation alternating between each leg at the Sanyinjiao (SP6) acupoint, whereas those in the Group II received acupressure therapy at every 8 hours for the first day of dysmenorrhoea by the researcher. In each session of acupressure, the researcher took pretest & posttest by administering the Numeric Pain Intensity Scale (NPIS) to the respondents experiencing dysmenorrhoea. Findings of the study revealed that there was a significant difference in pain intensity assessed by Numerical Pain Intensity Scale of Group I and Group II at  $t_{58} = .002$  at the level of  $p \leq 0.001$ . Hence, it was inferred that acupressure therapy (SP6 point) in Group I was more effective in reducing the intensity of dysmenorrhoea. Therefore,  $H_4$  was accepted and it was concluded that acupressure therapy (SP6 point) in Group I significantly reduces the intensity of dysmenorrhoea.

**Keywords:** Intensity of Dysmenorrhoea, Acupressure therapy, SP6 point, Effectiveness, Complementary and Alternative Medicine (CAM), Numeric Pain Intensity Scale (NPIS)

### **Background**

Primary dysmenorrhoea is defined as cramping pain in the lower abdomen occurring just before or during menstruation without pelvic abnormalities. Primary dysmenorrhoea arises from the release of prostaglandins with menses, which is secreted during the luteal phase & subsequent menstrual flow. Excessive release of prostaglandins increases the amplitude & frequency of uterine contractions & causes vasospasm of uterine arterioles, resulting in ischemia & cyclical lower abdominal cramps. Dysmenorrhoea is the most common gynaecological disorder among adolescents with a

prevalence of 60(93%). According to United States of America (USA) based studies, 42% of affected adolescents describe their menstrual pain as severe, 33% as moderate & 25% as mild (**Banikarim et al. 2004**)<sup>1</sup>.

Traditional Chinese Acupressure derived from acupuncture is a non invasive technique. To ease the symptoms, acupressure is applied on the specific points, to have a strong influence on blood flow & may help reduce pain.

Current treatments for dysmenorrhoea include bed rest, exercise, heat, herbs, drugs, biofeedback, surgery, transcutaneous electrical nerve stimulation (TENS),